

# Mindfulness at Work

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*Your Solution to Stress Management*

Do you want your staff to:

- ◆ Keep coping when things get tough?
- ◆ Manage everyday and unpredictable stress?
- ◆ Avoid negative reactivity and emotional mismanagement?

## Stress can undermine your staff

Staff who constantly experience change and unpredictability can suffer much stress. Poorly managed, stress causes ill health, absenteeism and reduced productivity. Staff with stress management skills can better maintain good health and resilience when things get tough.

A fast moving, tech-savvy, global economy shapes the modern workplace. Challenges are constantly thrown at workers' resilience, causing immediate and potentially deadly effects on personal and workplace productivity. Workplaces need proven strategies to respond effectively.

## About the Course

**Mindfulness at Work** teaches Mindfulness and other skills to manage stress effectively when threats appear. The latest findings of Neuroscience show that Mindfulness practice calms the brain centres affected by stress. Mindfulness is being present to what you are doing, giving full attention of mind and body, without judgment or reactivity. We accept all our experiences, good and bad.

As Mindfulness skills develop, we become aware of the impermanence of experiences and learn not to cling to those we like nor avoid those we dislike. By not being attached to or reactive to our experiences, we deal with them more effectively. **Mindfulness at Work** is based on MiCBT (Mindfulness-integrated-Cognitive Behaviour Therapy), developed by Dr Bruno Cayoun.

## Learning Objectives

Participants explore the causes of stress and reactive behaviour. They will learn how to:

- ◆ Practice Mindfulness skills to manage stress and reactivity
- ◆ Develop self-confidence and assertiveness skills
- ◆ Improve communication and relationships
- ◆ Deal competently with difficult situations

## Format

Prior to the course, participants receive a 20-minute phone interview, where the course is explained, and they can ask questions. The course consists of 8 x weekly 2-hr group sessions, during which they learn Mindfulness and other skills. They receive weekly notes and either CDs or access to on-line recordings to guide their daily meditation.

During the course, they each receive an in-person individual 1-1 session, where they can discuss their progress and any problems that may emerge. Additional 1-1 sessions can be arranged if needed.

Long-time habits won't change in just 8 sessions, so the materials provided will assist participants in their practice to achieve lasting change. You are asked to practice for 30-minutes twice daily during the course and continue with regular practice afterwards.

## Participants

The course is designed for 8 participants. All levels of the workplace are affected by stress and so all will all benefit by attending and developing skills to maintain personal resilience when threats occur. You will get out of the course what you put into it. Contact us below for more information or to arrange your course.

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